



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**(608) 723-6416**

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COMMUNITY EDITION

JULY 2007

### **Handling Food Safely on the Road**

V-A-C-A-T-I-O-N.....No matter where we go or what we do, there is a common denominator that runs through all of our summer travels and relaxation—it's called F-O-O-D.

The US Department of Agriculture's nationwide, toll-free Meat & Poultry Hotline reminds everyone that some simple common-sense food safety rules can save a vacation from disaster.

#### **Plan Ahead**

If you are traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened frequently. Have plenty of ice or frozen gel-packs on hand before starting to pack food. In hot weather, (above 90°F), food should never sit out for more than one hour. Discard any food that is left out more than two hours (1 hour if temperatures are above 90°F.)



#### **Pack Safely**

A full cooler will maintain its cold temperatures longer than one that is partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits.

#### **When Camping**

Remember to keep the cooler in a shady spot. Keep it covered with a blanket, tarp or poncho, preferably one that is light in color to reflect heat.

Keep hands & all utensils clean when preparing food. If there is no running water, use disposable moist towelettes or hand sanitizer to clean hands. When planning meals, think about buying and using shelf-stable food to ensure food safety.

#### **When Boating**



Now, about that "catch" of fish—assuming the big one did NOT get away. For fin fish: scale, gut and clean the fish as soon as they are caught. Wrap both whole & cleaned fish in water-tight plastic and store on ice. Keep 3-4 inches of ice on the bottom of the cooler. Alternate layers of fish and ice. Cook the fish in 1-2 days, or freeze. After cooking, eat within 3-4 days. Make sure the raw fish stays separate from cooked foods.

#### **When in the Vacation Home or Recreational Vehicle**

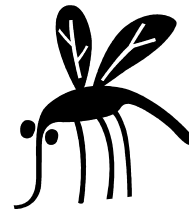
If a vacation home or a recreational vehicle has not been used for a while, check leftover canned food from last year. The Meat & Poultry Hotline recommends that canned foods which may have been exposed to freezing and thawing temperatures over the winter be discarded.



*The mission of the Grant County Health Department is to  
promote the health and wellness of ALL residents of Grant County.*

### **To Prevent Mosquito Bites:**

- Limit time spent outdoors at dawn & dusk, when mosquitoes are most active.
- Wear light-colored clothing such as long-sleeved shirts, long pants, and a hat when outdoors in areas where mosquitoes are present.
- Light-colored clothing is best because mosquitoes tend to be more attracted to dark colors.
- When going outdoors, use insect repellents that contain DEET or other approved ingredients.
- Make sure that door and window screens fit tightly and have no holes that may allow mosquitoes indoors.
- To avoid insect bites, do not use scented soaps, perfumes or hair sprays on your children.
- For young babies, mosquito netting is very effective in areas where exposure to mosquitoes is likely. Netting may be used over infant carriers or other areas where small children are placed.



### **Reducing the Mosquito Population Around Your Home:**

Mosquitoes lay eggs in standing water which grow into adults that are ready to fly. Even a small amount of water, for example, in a saucer under a flower pot, is enough to act as a breeding ground. Here are some tips on how to eliminate standing water:

1. Regularly drain standing water from items like pool covers, saucers under flower pots, pet bowls, pails, recycle bins, or garbage cans etc.
2. Drill holes in the bottom of recycling bins.
3. Change or empty the water in wading pools, bird baths, pet bowls and livestock watering tanks twice a week.
4. Turn over plastic wading pools and wheel barrels when not in use.
5. Clean and chlorinate your swimming pools. A pool left unattended for a month can produce a large number of mosquitoes.
6. Landscape your garden as necessary to eliminate stagnant waters (mosquitoes can breed even in puddles of water that last for more than four days.)
7. Get rid of unused items including old tires, that have a tendency to collect water.
8. Cover rain barrels with screens
9. Clean eaves troughs (roof gutters) regularly to prevent clogs that can trap water.
10. If you have an ornamental pond, consider getting fish that will eat mosquito larvae.

### **Packing a Safe Lunch 101**

Always keep it clean. Make sure hands, food preparation surfaces and utensils are clean. Wash fruits and vegetables before packing them. And keep family pets away from the kitchen counter.

Be sure to keep hot foods hot by using an insulated thermos. Fill the thermos with boiling water and let it stand for a few minutes. Empty the thermos and then fill it with piping hot food.

Keep cold foods cold, with a freezer gel pack and insulated lunch box. Freezer gel packs will keep foods cold until lunchtime, but are not recommended for all-day storage. A frozen sandwich also works well.



Keep a supply of shelf-stable foods for easy packing. These include crackers, peanut butter, packaged pudding, canned fruits or meats. Fresh fruits and vegetable are also "fast food" for lunches.

Freeze single-sized juice boxes overnight and place in your lunch. The juice will thaw by lunchtime, but it will still be cold.

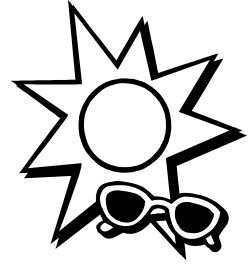
Make sandwiches the night before. Be sure they are kept in the refrigerator until packing up to go in the morning.

NO Leftovers!! If the sandwich isn't finished at lunch, throw it out. Don't try to save it by taking it back home.

Contact the UW-Extension's Nutrition Education Program at 723-2125 for more information on healthy family meals.

**UW**  
**Extension**

### Ways to Beat the Heat



- A. Drink more liquids (try to avoid liquids that contain caffeine or alcohol). Don't wait until you are thirsty to drink! Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him/her how much you should drink while the weather is hot.
- B. Stay indoors and if possible stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- C. Electric fans may provide comfort, but when the temperature is in the high 90's, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a better way to cool off.
- D. Wear lightweight, light-colored, loose-fitting clothing.
- E. NEVER leave anyone or a pet in a closed, parked vehicle. Even for "just a minute". Temperatures can become deadly in a short time.
- F. Although anyone at anytime can suffer heat related illness, some people are at a greater risk. Check regularly on:
  - Infants and young children
  - People aged 65 and older
  - Those who are physically ill, especially with heart disease or high blood pressure.

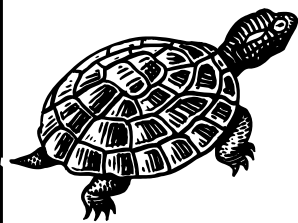


#### **If You Must Be Out in the Heat:**

- \* Cut down on exercise. If you MUST exercise, drink 2-4 glasses of cool, non-alcoholic fluids each hour.
- \* Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- \* Try to rest often in shady areas.
- \* Wear a wide-brimmed hat.

### Turtles & Salmonella

Many people spend time near rivers and lakes during the summer. Catching turtles can be a fun activity for children and adults. What many people don't know is that turtles can carry bacteria that can make you sick.



Reptiles, including turtles, transmit an estimated 74,000 cases of salmonellosis to people in the United States each year. (The disease can also be carried by amphibians, such as frogs.) Salmonellosis is caused by bacteria called *Salmonella*. If infected, most people have diarrhea, fever, and stomach pain that start 1 to 3 days after they get infected. These symptoms usually go away after 1 week.

Some cases may cause severe illness, hospitalization and even death in high-risk persons such as children under 5, the elderly and people who have lowered natural resistance to disease due to pregnancy, cancer, chemotherapy, organ transplants, diabetes, liver problems or other diseases.

Turtles with *Salmonella* usually do not appear sick in any way. In addition, turtles do not shed *Salmonella* all of the time. So, just because a turtle might have one negative test for *Salmonella* doesn't mean that they are not infected.

#### **What can be done to prevent turtle-associated salmonellosis?**

- A. Remember, turtles are cute, but contaminated. Handle all turtles and surfaces that have come in contact with turtles as if they are contaminated with *Salmonella*.
- B. Wash hands thoroughly with soap and water IMMEDIATELY after handling turtles
- C. Do not have a turtle in a household that includes high risk persons
- D. Wash surfaces that the turtle has touched.
- E. Separate the turtle from possible contact with food:
- F. Separate the turtle from contact with high-risk persons

## **CPR Dates for 2007**

Wednesday, August 22, 2007

5:45PM—9:00PM

Monday, October 22, 2007

5:45PM—9:00PM



The cost for CPR for 2007 is currently \$25.00. Registration is required at least one week prior to the class date. Payment is also required prior to the night of class. The classes will be held at the Grant County Health Department, 111 South Jefferson Street, Lancaster.

To register, please call (608)723-6416.

## **College Bound?? Have you had your meningitis immunization yet?**

Meningococcal disease is a life threatening illness caused by bacteria.

Meningitis, an infection of the brain and spinal cord coverings, is caused by meningococcal disease.



Anyone can get meningococcal disease. College freshmen, especially those who live in dorms, have a slightly higher risk of getting the disease.

The Grant County Health Department currently offers the vaccine free of charge for 11 to 18 year olds. For more information call the Grant County Health Department at 723-6416.



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